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MUSTARD IN THERAPEUTICS,

BY

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"No matter what remedies we may use, we cannot afford to treat disease without the aid of MUSTARD PLASTERS."



Mustard In Therapeutics,

BY

Drs. A. H. & F. Laidlaw.

Chicago Medical Standard.

Among the remedial measures which are not included in the usual training of the physician, and which are abandoned to an uncertain existence among the people, there is none more worthy of medical adoption than the mustard plaster. The value of this agent in the treatment of disease depends upon the action of the law of counter-irritation.

In the majority of human ills, wherever there is disease, there the fluid constituents of the body gather, with the well-known signs of swelling, pain, heat, and redness, which constitutes inflammation. In the body, wherever we make an irritation there the fluids tend to concentrate, presenting the same signs of inflammation, or of its prelude, congestion. Given an inflammation already existing in the body, if we make our artificial inflammation long enough and strong enough, the pain, the heat, the swelling, and the redness will leave their first location to appear at the irritated point. If the original

inflammation is in a dangerous position, as in the larynx, the brain, or the eye, by drawing the fluids away to a more innocent spot, as the skin surface, we obtain a vastly improved state of affairs.

Good Therapy in four-fifths of all Diseases.

The law of counter-irritation, and likewise its best agent, the mustard plaster, is applicable to all inflammation. Four-fifths of all diseases consist of or commence as inflammations.

Although true, the former statement may seem novel to those of the profession who are unaccustomed to the use of mustard plasters; but the statement is based upon their actual use under these conditions in hospital and general practice for more than thirty years, and the application at the present time under our supervision of over sixty thousand per year. This warrants a strong personal consciousness of the value of mustard plasters in diseased conditions, either acute or chronic.

The Cheapest Remedy in Use.

The power of mustard to produce upon the skin in a few minutes these signs of inflammation has made it a household cure-all. The application of household remedies is really a limited one, and confined to simple ailments. Physicians make even less use of this counter-irritant, many of them regarding the mustard plaster as a harmless diversion with which the patient may amuse himself if he chooses. The fact that the mustard poultice is sloppy and troublesome to prepare may have much to do with this professional neglect, but the objection is now entirely groundless since plaster manufacturers have supplied us with a neat and elegant mustard leaf, which merely requires dipping in water to be ready for use. Mustard plasters are the most economical remedy in use; in quantity they cost less than 5 cents each.

A Case in Point.

A typical instance of the necessity for, and the method of using the mustard leaf, is seen in treating inflammation about the

throat—tonsilitis (the follicular form or true quinsy) and pharyngitis, whether diphtheritic, syphilitic, or simple inflammatory. In the intense coloring of the mucous membrane, the deep red of the outer skin, the heat, the swelling of the tissues within and around the throat, we have a striking picture of the blood and lymph gathering from all parts of the body, and in dangerous quantity; for the tissues cannot support so much new material.

Methods of Use.

This is the time for mustard, but where should it be applied? The popular rule, "*put the plaster where you feel the pain,*" is generally wrong; for where we irritate a spot on the skin we not only have a response from the parts which lie beneath, but the whole bulk of blood in the body sets toward that point with the steady tread of an ocean current. This fact should always be remembered in applying counter-irritation.

In the case before us, mustard on the skin of the neck will draw blood from all parts of the body toward the already surcharged tissues; there will be a real aggravation, though this is sometimes preceded by a transient feeling of relief from the determination of blood from the mucous membrane to the skin. We should place the irritant so as to set the blood tide away from the inflamed part down into the cold hands and feet where its presence will do no harm. Thus we put a mustard leaf on the calf of each leg, or on the thighs, or the soles; on the abdominal surface, especially the epigastrium; on the arms; in urgent cases, on all these places at once, making strong, red blocks of skin surface. We reapply on the same or on different spots, once, twice, or even three times in every twenty-four hours, to fix the blood tendency away from the throat until we have conquered.

Don't Interfere with other Treatment.

This is a measure which does not interfere with any other treatment, nor does it stuff the patient with drugs of puzzling

physiological action. The relief afforded in many cases is surprising, and the plan merely needs a trial in a severe case to be fully appreciated.

To Draw Blood Away From Nerve Centers.

The above procedure is a routine treatment which may be followed with benefit in all inflammatory diseases, especially those tending toward the head, and also in many spasmodic troubles. The impulse of a spasm is, in most instances, a congestion of the nerve center which controls the part, be that center in the spinal cord or in the brain. Thus, in the convulsions of children or of adults from any cause which determines blood toward the brain, in hysterical tremors or those of delirium tremens, in spasmodic asthma, and especially laryngismus stridulus, the power of mustard to pull blood away from the nerve centers makes it not only an important auxiliary to other treatment, but the mustard leaf alone will cure many cases.

The Possibilities of a Mustard Plaster.

A full description of the possibilities of mustard plasters would be a treatise on the practice of medicine, but it will be well to mention a few diseases in which we are actually and continually using them in our practice.

Blood Toward The Head.

The general indication of determination of blood toward the head includes all inflammations of any intensity about the eye or ear, especially iritis, ophthalmia of the new-born, and otitis media. Obstinate nosebleed will usually yield to mustard leaves over the stomach and on the calves. In fact Professor Verneuil has shown ("La Semaine médicale," 1889,) that many cases of rebellious nose-bleed are associated with structural hepatic disease, and he states that a blister applied over the liver will quickly check the flow of blood, even after local measures have failed. In our cases actual blistering has not been necessary.

For Headaches Better Than Ice or Cold.

In congestive headaches from whatever cause, including exposure to the sun, in concussion of the brain, in the unconsciousness of a brain congestion or hæmorrhage, mustard leaves are our first thought, and they have well served us. In the last two conditions they are superior to ice or cold coil, for mustard causes no shock and does not paralyze the absorptive power as cold is liable to do.

Apoplectic Tendency.

Used daily for months in those cases of apoplectic tendency where the head is hot, the feet cold, and the liver torpid or hardening, they are an indispensable element in the treatment for preventing the attack and finally curing the condition.

Overwork—Congestion.

In the slow, venous brain congestions, which overtake the hard-working business and professional man, when he begins to lose his old-time grasp on his affairs; when his thoughts move slowly and with difficulty; when he grows despondent, weeps easily, is fearful in a crowd; when he is first drifting into a melancholia, the steady, day-after-day coaxing of the mustard leaf upon the legs and stomach is a splendid assistant in his cure.

Such cases will have sudden attacks of weakness, which seem to be due to a sudden flushing and pressure of blood upon the brain surface. Mustard on the legs and arms will restore the patient more quickly than any other known agent.

Better than Hot Springs in Syphilis.

The terrific pains in the cranial bones and meninges which occur in the tertiary syphilis deserve especial mention. We once treated such a case which had been to the Hot Springs and had been rubbed with mercury and dosed with potash iodide without relief. As usual, suicide was frequently in his mind as the only remedy for his sufferings. His head and

ears were a brilliant red from the quantity of blood which was flowing through their vessels. The relief afforded by the simple mustard application was remarkable, and all through the long months of his cure he insisted on applying the leaves several times a day, so grateful was their action.

Cases Helped By Mustard.

Insomnia from cerebral hyperæmia and from that usually associated condition, cold feet, is especially helped by mustard. Cold feet have been cured by a daily application of mustard leaves to the soles. Maniacal and hysterical attacks, associated, as most of them are, with a hot head, should be included in this division, and also cases of poisoning by opium or belladonna. Epileptic fits, if at short intervals, are appreciably benefited by a daily application of mustard.

Chest Troubles Seem To Show a Great Field for Mustard.

Of the affections of the chest, hæmorrhage, like nose-bleed, affords a great field for the use of mustard, especially when there are cold feet and hands. Severe bronchitis and asthma are, also, in a measure controlled by it, and palpitations are relieved.

In pneumonia and pleurisy, where the internal pain is intense and the power to transfer to a distant spot is limited, we must make an exception in our rule and apply the plaster directly over the pain. It will relieve by determination to the skin; but plasters should also be used, and for a long time, upon the legs and abdomen to limit the whole amount of blood going toward the chest. In whooping cough, mustard has a double value. An artificial red spot on the stomach will lessen the spasmodic cough, and counteract the effect of the persistent coughing which throws blood toward the head.

Local Work on the Ab- domen and Stomach.

Abdominal troubles, aches and spasms in the stomach and bowels are most

quickly relieved by applying mustard directly to the part, always, as in pleurisy, placing others on the legs. Pains in the liver or spleen are seldom much benefitted by local work, but are soon soothed by reddening the legs with mustard. In nausea, vomiting, dyspepsia, and sea-sickness, mustard applied directly over the stomach will draw blood and power to it and relieve the symptoms. A severe case of chronic arsenical poisoning was made very comfortable in this way. In these cases we do not use mustard on the legs unless the feet are cold. In the initial chill of cholera morbus, of malaria, of typhlitis, in the collapse of cholera in dysentery, colliquative diarrhoea; in fact, wherever we have a cold surface, mustard should be used plentifully on the arms, legs and abdomen, and kept in place from twenty to thirty minutes. It will greatly assist in the warming reaction.

Mustard is Better than a Hot Bath.

Cystitis and strangury are sometimes much relieved by a mustard leaf over the bladder with others on the leg. Suppressed menses are brought on and painful flowing relieved by reddening the leg. Here the hot mustard foot-bath is commonly and successfully used, though the leaves are just as active in the former case and even more active in the latter.

In the eruptive fevers when the brain is in danger, especially in measles and scarlatina, also in small-pox and chicken-pox, the mustard plan will help to prevent many a cerebral complication. The same is true in typhoid (where mustard should never be applied to the abdomen—always to the legs), in bilious and gastric fevers, with the hot head, the twitching hands, twisting head and squinting, half-closed eyes, which warn us that the brain coverings are congesting and inflaming.

Cannot Afford to Treat Disease Without Mustard.

The successful use of mustard leaves in all these conditions seem to warrant our assuming that, no matter by what methods

we cure, or what remedies we may use, we cannot well afford to treat diseases without the valuable aid of mustard plasters.

Where to Apply Mustard Plasters.

Rules for applying mustard plasters:— Mustard should be regarded as acting upon the blood mass as a whole, therefore, whenever blood has gathered in too great a quantity in any part, draw to some innocent lower skin surface.

In drawing from the head and chest, the skin of the legs and abdomen is preferable, especially that of the epigastrium, laying as it does directly over the solar plexus.

Blood drawn from the head and chest down into the arms easily reacts to the old spot, therefore, the skin of the arms is used only for temporary work. In fact, mustard seems rarely indicated above the diaphragm.

In an urgent case, as chill, hemorrhage, or convulsions, use the skin of the arms, legs and abdomen; in the moderate and chronic cases it is sufficient to alternate from the legs on one day to the abdomen on the next, and so alternate from day to day.

How Long Mustard Plasters Should be Left On.

Time: The time which a leaf should be kept in place varies from ten to thirty minutes. It should never be left long enough to cause blistering, which is liable to occur after thirty minutes. On some few sensitive skins an application of ten or even five minutes will produce a bright red patch which will remain for days. That patch is the indication of success. The spot will burn for some minutes after the removal of the plaster. This is just what is desired; and the patient should be cautioned against using vaseline or any other soothing preparation unless the pain is unendurable.

Simple, but Important How to Prepare a Mustard Plaster.

Preparation: If not thoroughly soaked the leaf will soon dry and cease to act. It should be kept in water fully two minutes, after which it will remain active even upon a fevered skin. In derivative work, the mustard side of the leaf should be placed directly against the skin with no intervening cloth. With some exquisitely sensitive patients, however, a thin linen protection, which must be thoroughly wet, may be used at first, but the skin soon grows used to the process when the covering should be discontinued. During a prolonged mustard course the skin will thicken and scale off. This is of no real consequence, though often the cause of anxiety to the patient.

When the applications are stopped the skin resumes its normal state. In our experience scarring has never occurred.

The Kind of Mustard Plasters to Use.

Black mustard seed is the only one fit to use and every particle of dirt, leaf or foreign substance left in the seed as it is ground is a hindrance to the action of the sinapism.

All these should be removed, else the plasters will not act as promptly, and they will be susceptible to moist air and mould. In a word, they should be as perfect as the art of pharmacy can make them. We have tried many makes of mustard plasters, both American and foreign, but of them all we have found the brand prepared by Johnson & Johnson to be the most uniform and satisfactory. In our personal consumption of three to five thousand per month they stand the most rigid tests.

100 Mustard Plasters in neat tin box, \$2.50
1 yard Rolls, " " " " 35cts.

JOHNSON & JOHNSON, New York.

A TEXT-BOOK
OF
PRACTICAL THERAPEUTICS,

WITH ESPECIAL REFERENCE TO THE
APPLICATION OF REMEDIAL MEASURES TO DISEASE
AND THEIR
EMPLOYMENT UPON A RATIONAL BASIS.

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PHILADELPHIA:
LEA BROTHERS & CO.

Brief Extracts from
"Hare's Therapeutics"
relative to the action of
Belladonna.

Some of the Uses of Belladonna.

(Condensed from Hare's Therapeutics).

Anti-sudorific.

To allay excessive secretions, salivation, mercurial or idiopathic *localized sweatings*,—bromidrosis. Best remedy for *night sweats*; best drug to check *secretion of milk* in inflamed breast. Should be persisted in 24 hours. May be used in serious diarrhoea. In *bronchitis*, checks secretion and stimulates respiratory centres.

Local Anodyne.

In relief of local *nerve pains*, acts by quieting the irritated nerve.

Headaches, *Intercostal neuralgia*,
Pleurodynia, *Nerve pains*.

Anti-spasmodic— Relaxant.

Belladonna acts as an anti-spasmodic upon all unstripped muscular fibre. In

large amounts; a depressant to motor nerve quieting sensory filaments. Hence, muscular fibres that are in spasms are relaxed.

Spasms, cramps in legs or body, spasms of the intestine, with cramps and griping, spasms from peripheral irritation, *spasmodic asthma*, *whooping cough*, *nervous cough*, *laryngismus stridulus*, *hiccough*.

Mydriatic.

In *iritis* to dilate the pupil and prevent adhesions.

Stimulant to Circulatory Apparatus.

In *Local inflammation*, *Pneumonia*,
Shock collapse, *Mastitis* or *inflammation of breasts*.

Sore throat, *To abort colds*.

To abort abscesses, relieve pain and irritation in boils and carbuncles.

Belladonna Externally.

The most convenient and reliable form of application is our
(JOHNSON & JOHNSON'S)
Belladonna Plaster,

(with Boracic Acid)

Skin Diseases.

The use of Belladonna Plaster (with Boracic Acid) in skin diseases, by John V. Shoemaker, M. D.:

"It is one of the most effective plasters for relieving recurring patches of herpes, herpes zoster, neuralgia, and exalted and diminished sensibility of the skin. In isolated spots of the erythema, subacute and chronic eczema, it often relieves the accompanying obstinate itching and removes infiltration.

"Fissured eczema, especially of the fingers and toes, may often be controlled and healed by encircling the parts with the plaster every two or three days. Localized, obstinate and irritable patches of vegetable parasitic diseases, especially ring-worm and favus may yield readily to the use of this plaster. The boracic acid in the combination is one of the most effective anti-parasitic agents for the destruction of vegetable organism, and the belladonna acts well in relieving cutaneous irritation. The action of belladonna plaster in arresting the secretion of milk and in relieving inflammation of the breasts, is in this combination still more enhanced in its effect by the boracic acid. The absorption of the belladonna is found to take place more rapidly, and the secretion of milk in the inflammation

yield more promptly to the application of the two drugs in the form just suggested. Abscesses, boils, and carbuncles, inflamed subcutaneous glands, irritable scalds, frost bites, wounds and ulcers may be benefitted, and at times speedily induced to heal by the local anodyne action of the belladonna and the antiseptic properties of the boracic acid."

Johnson & Johnson's Belladonna Plaster is made to give the exact and decided effects of belladonna, quickly, surely and certainly. It is made of belladonna root extract, U. S. P. standard; is made with an absorption producing base, with which is combined boracic acid, which gives to the base the property of softening the skin and freeing the pores from clogging matter.

Thus the combination of boracic acid with belladonna in the form of a plaster, insures for the latter drug a quicker and more decided action, and the exhibition of the exact therapeutic effects of belladonna, following the application of such a plaster.

Opinions.

"I am greatly pleased with your *Belladonna Plaster*." "I find it gives quicker and better effect than any other I have hitherto used." Dr. D. HAYES AGNEW, Late Professor of Surgery of the University of Pennsylvania.

"After a careful test of your *Belladonna Plasters* in the Philadelphia Hospital for Skin Diseases," "I find that boracic acid in combination, undoubtedly causes an increased action and more immediate effect.

JOHN V. SHOEMAKER, M. D.



This Box is Fire-proof.

Each box contains four fumigators. One or all can burn at once. One does for a small room.

For the fumigation of rooms after infectious diseases.

Of the greatest value in time of Cholera.

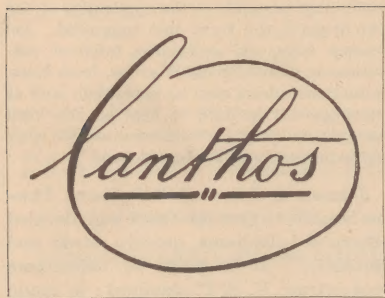
One Fumigator can be sold for 10 cents, or box of four for 25 cents.

ORDER

JOHNSON'S

FUMIGATORS

SQUARE.



"A Blister Plaster made of Spanish Flies." The first and only Perfect Vesicant.

CANTHOS is the name of a blister plaster, made of Spanish flies, U. S. P. strength, a substantial improvement over every other form of vesicant—a soft mass spread on waterproof fabric—the vesicating agent preserved from change, giving a convenient, economical, quick and perfect blister plaster.

The perfection of Canthos lies in its base.

The base of Canthos accomplishes two important results:

1st. Perfect preservation of Spanish flies.

2d. Ensures rapid absorption, hence quick blistering.

Time.

Canthos vesicates in from 2 to 4 hours. This is 4 to 10 hours quicker than other blisters.

Canthos Blistering is Painless.

The Vesication well defined, without patches or tendency to spread. Heals readily. The full action of Cantharides is secured in the shortest space of time. Canthos is very cleanly, adhesive enough to stick, but will not tear the skin.

Strangury.

Is caused by absorption of Cantharidin. A slow acting plaster gives continuous and prolonged absorption, allowing the drug to penetrate and become diffused through the system.

Canthos never Produces Strangury.

A quick acting plaster like Canthos obviates strangury; absorption ceases when the blister is formed.

How to Blister with Canthos.

Canthos requires no oiling or other preparation, but is always ready for use. Have the skin clean and dry. After application the plaster should be removed within from two to four hours, (four hours at most). If a blister is not then raised it will follow shortly.

Dress with vaseline. Rubefacient effects can be produced in an hour.

Don't blister over a raw or broken skin; nor one that has just been blistered; nor during or after eruptive children's diseases.